



You Are a Goddess

Working with the Sacred Feminine
to Awaken, Heal and Transform

SOPHIE BASHFORD

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The Invitation

I am an intuitive channel for the *Divine Feminine*.

I didn't know what that meant 20 years ago. But when I awakened to Goddess Consciousness, I was shaken free from lifetimes of painfully suppressed sacred feminine power, illuminating my most deeply inflicted soul wounds and pressing me into healing them. And now, my life centres upon using the gifts that were unearthed within me.

This book invites you into the realm of the Divine Feminine, and shows how to use Goddesses' teachings for healing, awakening and transformation. But let's start by making a deeper connection with one another. Breathe with me, take my hand and receive the Call of the Goddess to your soul.

Call of the Goddess

We are now in the midst of a sacred feminine resurrection that is restoring Earthly order and balance, and reawakening those who have vital ancient links to the Goddess.

This mission is to return the core elements of the feminine vibration to the spotlight: unconditional love, connection to

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nature, nurture, compassion, trust in the flow of life, intuitive wisdom, emotional intelligence, sensitivity and receptivity.

Our planet has been out of balance for hundreds, if not thousands, of years. We've been encouraged to place enormous value on the masculine paradigm: perceiving and interacting with the world with logic, rationality, hard control, forcefulness, solution-oriented thinking and strategizing. The dominance of the masculine energy has resulted in global disharmony and lack of equilibrium. The feminine paradigm has not only been undervalued and disrespected: it has, from a spiritual perspective, been suppressed, traumatized and violated.

It is time for the wounds inflicted upon this planet's body and psyche to be healed. It is time for those individuals, who once lived and worked closely with the Goddess energies, to come forward and take their role in this sacred revolution.

Divine Feminine

The Divine Feminine, or Goddess Consciousness, energy is a universal frequency which lies at the heart of our physical and spiritual existence, and equates to an elevated, non-judgemental and non-harming state of awareness. It transcends the human mind and ego because it springs from the pure energy of love. It is connected to the wisdom of the heart, to natural and divine laws, and to compassionate, harmonious and peaceful living.

Goddess Consciousness is also a philosophy representing a system of interpretation for Life and the universe. It is not necessarily female or woman-bound, but it does symbolize the *feminine* life force. The **Divine Feminine** is an expression of higher, or divine, truth: a mandate for conscious, healing behaviour with characteristics, such as:

- ❖ Trusting in the infinite flow of life, natural rhythms and cycles
- ❖ Embracing light and radiance
- ❖ Acting from unconditional love and compassion
- ❖ Healing through forgiveness and acceptance
- ❖ Accessing the wisdom of the open heart
- ❖ Embodying grace
- ❖ Cultivating peace

The feminine aspect is also a raw, wild, ardent and tumultuous force that carries the birthing energy, and it is both 'light' and feather-gentle, but also a container for the 'dark' and ferociously untamed. The Divine Feminine's life-giving and life-sustaining forces connect to fertility, birth and all creation – thus linking it to the imagery of 'woman'. Generally speaking, the energy of the Goddess is anchored more fully in women than in men. Of course, there are exceptions, but, as a general rule, women carry more physical, spiritual and energetic links to Goddess Consciousness.

The Great Mother and heart of the Goddess

As woman gives birth to new life, so the Goddess gives birth to the Earth and the universe. As woman nurtures life, so the Goddess nurtures the Earth and the universe. This is the foundation of many ancient cultures' systems of worship and spiritual belief. The Great Mother is an archetype rooted in mythology, and is said to have given birth to the entire cosmos. In many religions and indigenous cultures, the concept of

an omnipresent Great Mother is embedded within spiritual beliefs of creation and nature.

In Hinduism, the worship of the Goddess Shakti as the ‘first creation’ and Great Mother is still central to devotional life. Ajit Mookerjee, in his book *Kali: The Feminine Force*, describes how the Divine Feminine ‘represents the primal creative principle underlying the cosmos’. Across the globe, since the earliest civilizations (c. 30,000–3,000 BCE), the Mother Goddess has been acknowledged as a primal and spiritual cornerstone for humanity.

Artefacts, totems and artworks from indigenous civilizations – including those of Africa, Egypt, the Middle East, the Far East, Europe and the Americas – all demonstrate clearly the primacy of the Sacred Feminine principle. There’s a plethora of Divine Feminine artefacts and iconography in our museums or any book on Goddesses. These archaeological riches demonstrate just how central the Mother Goddess is to our collective spiritual heritage.

With such life-affirming meaning attributed to the concept of the Great Mother, we see how she can be viewed as universal, spiritually whole and complete. Having given birth to everything that we know and experience, she can be seen as a ‘supreme’, sovereign cosmic power.

The Earth is often referred to as a feminised, matriarchal entity, while the terms Mother Nature and Mother Earth are commonplace. This naming reflects the *Divine Feminine energy* that has its roots deeply embedded in the way humanity has sought to define our experience of life on Earth. Despite the globe being dominated by a masculinised, patriarchal system for so many centuries, Goddess Consciousness can still be

seen at the heart and soul of humanity's need to find sacred meaning in existence.

All human beings grow inside the womb of, and are born from, a woman. Our deepest cellular awareness of what life means is rooted inside the truth of how we 'became life'. No matter what our private philosophical and spiritual beliefs, all around us we see Mother Nature reflected in our Selves. The patterns and shapes that run through our physiological make-up are mirrored in Nature, and the process of birth-death-life is a template, repeated over and over in all living systems on Earth.

Deep down, we all know that the feminine life force is powerful beyond measure and worthy of eternal respect. She carries mysteries and miracles within her sacred womb, which our logical minds can never hope to grasp. We instinctively know that the feminine face of God must be valued, and on our planet, we are already discovering what happens if we allow universal energy flow to get out of balance.

The balance of feminine and masculine energies

As I described earlier, both men and women possess masculine and feminine energies or, as the spiritual teacher David Deida defines it, 'essences'. These opposing energies are what make up the aura of our Earth; the yin-yang of universal energy systems, the Shiva and Shakti of the cosmos. They are the polarities of sexual and reproductive processes, and we need both in order for natural physical life to continue. It can also be said that masculine and feminine energies – or essences – are more than biological. They can be perceived as relating to emotional, mental and spiritual areas of existence, too.

Masculine energy can be described as active and directional, the 'doing' aspect. It relates to the mental and physical body of the aura, and has general principle characteristics such as:

- ❖ Logic, reason, rationality
- ❖ Strategy, planning, future-oriented goals
- ❖ Solution-based thinking
- ❖ Problem-solving
- ❖ Decision-making
- ❖ Pursuing a linear course
- ❖ Thinking and intellect
- ❖ Controlling and pursuing
- ❖ Competition and ambition
- ❖ Singularity of purpose and direction
- ❖ Emptiness and nothingness

Feminine energy can be described as receptive and organic, the 'being' aspect. It relates to the emotional and spiritual bodies of the aura, and has general principle characteristics such as:

- ❖ Emotions and feelings
- ❖ Intuitive, non-rational awareness
- ❖ Flowing, cyclical and spiral processes
- ❖ Allowing and accepting

- ❖ Trusting natural outcomes
- ❖ Being and inner stillness
- ❖ Relationship and connection
- ❖ Listening to subtle methods of communication, such as the heart, the spirit, the inner voice of truth
- ❖ In touch with the non-physical realms of existence, e.g. spiritual planes
- ❖ Fullness and form
- ❖ Embodying the Divine source of love

This is a simplistic outline of feminine and masculine essences. One is not 'better' than the other – we possess, and require, both forms and styles of expressing our humanity. We also need both in order to create the sexual dynamism of relationships, and we need both for the magnetic charge on the Earth. What we need most of all, however, is a **balance**. And what has been lacking on this planet for many centuries is true balance between masculine and feminine energies. Notably, it is the feminine energy system that has been suppressed in our social and cultural paradigms.

The diminishing of Goddess Consciousness

If we only place value and focus upon one energy system, the other will seem diminished. If one set of qualities and approaches to life dominate Earthly consciousness for any length of time, then it will seem that any other approaches are less viable, less truthful and less necessary. The other qualities

could even become seen as weaker, less meaningful and even unimportant.

Indeed, it is a chronic lack of equilibrium between masculine and feminine energies – and moreover, the discrediting and devaluing of the Goddess – that underpinned my desire to write this book. We are so out of balance with the Divine Feminine, and why it is important for our planet's evolution, that *nearly all our conditions of success, worth and value fall into the masculine set of qualities*. We so highly value masculine approaches to life that we belittle or trivialize the feminine energy characteristics: the 'way of the feminine' becomes stripped of any worth or influence.

These are some of the ways of the feminine: a validated emotional nature, a trusted intuitive knowing, a solid wisdom of the heart, listening to the subtle messages of nature and the body, the fierce passion of a spiritual mother protecting her children and her Earth, prizing the health of our relationships and intimate connections, healing touch flowing from our hands, primal sensuality and a nurturing Shakti-power – an innate, effortless ability to be in tune with our cosmic destiny through every breath.

This is what we have lost faith and trust in. This is what we are deprived of. We have become a desert of forgetting. We have cast aside these precious soul-jewels from the heart of the Earth, the treasure chests of the universe. We have abandoned a vault of sacred gems and keys to life. In our quest to singularly champion the way of the masculine, we've ignored (to our great cost and peril) the primordial and sovereign healing power of the spiritual feminine.

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This energetic imbalance has given rise to a spiritual sickness, a gaping wound, a place of deprivation and starvation. We, as global citizens taking care of a beleaguered and ravaged planet, have a hole in our collective heart. We have damaged our planet through prizing the win-lose mentality of the scared, unconscious masculine paradigm. We have lost trust in the quiet voice of the heart and spirit. We have lost our way.

We have lost the Goddess – not just her iconography, placed upon our altars. Not just our intention to invite her back into our conversations. We have lost our collective feminine memory of the great truth that will set us free. *We have forgotten that she lives inside of us.* We have forgotten that *we are the Goddess*, in body, heart and soul. We have lost touch with our connection to how she works in us, through us, for us. And, how we can rediscover this sacredness throughout our lives, coming to understand that every normal day, each unfolding moment, every single breath – is created by her.

At this pivotal time of change in Earth and humanity's evolution, we are being offered a remedy. Whether you know it or not, there is a reason that you have found this book in your hands.

You are a Goddess.

You are the remedy.

*You are a part of a great plan for the
resurrection of the Divine Feminine on Earth.*

Pay attention to your body's sensations as you read these words. This is your feminine energy speaking to you; the voice

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of your feminine soul. You are invited to learn, or remember, how to listen to this voice.

This is the voice of the Goddess pantheon – the spiritual feminine messengers of truth, light, love and power – as they weave their instructions through your being. They are your teachers, your mentors, your guides and your beloved friends. They are long-lost pillars of monumental significance to you.

The Goddesses have returned.

They have returned in order to awaken you to memories that may be long buried within your soul. Your life is destined to evolve and change, and it's time for you to grow into the fullest expression of your spiritual feminine power.

The Goddesses guided you to this book because it is a turning point for you, and a turning point for our Earth.

You need to remember how important awareness of your feminine energy is to the healing and rebalancing of our planet. You need to remember why you chose this lifetime, and why you wanted to be a part of this major renaissance of Goddess Consciousness. It doesn't matter if you don't know what any of this means right now. In truth, it is helpful if you don't think about it too much at this stage.

Much of what you read in this book will be helping you to **feel** rather than **think**. It will be guiding you through a process to help you to rediscover the pleasures, the powers and the purpose of your own Goddess energy. It will be showing you that Goddess Consciousness is not an abstract, distant thing that doesn't have any influence on your real life.

This couldn't be further from the truth. This book is here to show you just how *embedded the Goddess is within your actual day-to-day life and reality.*

Every significant event in your life, every path you have taken, every mistake you believe you have made... could very well have been the handwork of the Goddess herself. She has led you here: for healing, for sanctuary, for cherishing and for growth. She has led you here in answer to your own prayers for relief from suffering. She has led you to a miracle – and to discover that **the miracle is you**. With, or without your conscious awareness, you are in the throes of answering a sacred call.

No matter where you are on your spiritual journey, whether you're familiar with the Goddess or have absolutely no idea what she is, this call is being answered perfectly in this very moment.

You are doing it perfectly. Everything is exactly as it should be.

Take a breath, deeply, now. Breathe into your lungs and fill them right up to the top. Breathe out and feel the sensations throughout your body. Relax your body. Yes, you can relax. You can let go.

Relax your stomach. Relax your jaw. Open your throat.

Now, read on... all the while maintaining a gentle awareness of your breath and how your body is feeling.

Perfect. You are doing it already.

You are tuning in to the Goddess that is you.

When the Goddess calls you home

As you'll learn from my story, I had no idea what was happening when the Goddess entered my life and changed it forever. All I knew was that in many ways I felt like a failure by my mid-20s, and was stymied by a rock-hard mountain of unexpressed grief and pain. I was exhausted from holding on to so many feelings and living in my intellect.

I didn't seek out the Goddess; I had no idea who she was, or how knowing of her could bring me what I wanted. I certainly didn't have any awareness of a Divine Feminine revolution, or even a desire for spiritual connection.

When the Goddess enters your life, it will unlikely be experienced like a divine revelation or celestial vision. Instead it might feel like you are reaching a dead end, an impasse or even that your life is breaking apart. You may be feeling 'I simply cannot go on like this', or 'something has to change', or 'everything in my life is falling away'. It may be this feeling that provokes you to open up to a new path.

If you're already drawn to inner work and healing, you may be familiar with feeling intense life shifts, and perhaps even a sense of how that can translate to answering a spiritual calling. However, you may not have attributed this call to spirit as coming from the Divine Feminine realm.

This book is here as a sacred reminder; a love letter from the Great Mother calling you home. Calling you to a place of physical connection with other people who are feeling the same pull; to a place of deep emotional healing; to a place of energetic initiation and attunement; to a place of spiritual integration and wholeness.

It's unlikely that you'll feel the first nudges of this calling as purely exciting and instant. You probably won't be visited by an emanation of the Goddess one night and wake the next morning to find that your dreams are fulfilled and your life made 'perfect'. I don't say this as a negative or limiting prophecy, I say it to express the most important message of this book:

We have been socially conditioned out of understanding how feminine energy shapes and influences our very beings, and our lives.

We've forgotten how the Goddess shows up in our bodies, our emotions, our life stages and cycles. We have been talked out of recognizing the truth, beauty, wisdom, power and passion of our feminine natures. Society squeezes us to conform to a false and damaging vision of what it is to be a successful, valuable and worthwhile woman. Many of us have come to believe that we are only 'on track' and acceptable if our image and persona correlate with a totally misaligned perception of *what we are at our deepest core*.

The voices that control this narrow, masculine-based social narrative have been too loud and manipulative for too long. *To counter these voices, we need your voice*. Your true voice – as an expression of your deepest, soulful, most authentic feminine energy – is what is being called from you.

It may take many years of working comprehensively with the Goddess, and many journeys through spirals, circles and curves, to reveal fully your true voice. But you are not alone. The Goddesses are here, with their voices, their healing powers, their ability to weave transformation through your life and

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soul, their illumination of your darkest, most terrifying nights of despair and hopelessness. You'll come to see that your fears are normal and natural. Your fears are surfacing for a reason, and your fears can be held in the loving arms of an Almighty Divine Protector.

Before we continue, let's listen to what *the Goddess has to say* about how she is calling you home:

The Call of the Goddess

When the Goddess calls you home, you have most likely been deafened to the sound of Her voice. Frequently, the bodies of those who are called to remember the touch of the Goddess have become numb to the feel of Her sacred caress. When Her call comes, it does not announce itself with a pre-written warning of how it will change everything.

The Call of the Goddess comes often as a feeling of descending chaos, dissolution, ripping apart, breaking open, breaking down, breaking up. Her call strips all illusions from the energy bodies and blasts open the channels of spiritual awareness.

When you are destined to follow the voice of the Goddess, it usually manifests as life not making sense. This is because there is a more divinely guided course for you to follow than you once believed possible.

You have forgotten, to a large extent, what lies within.

The daughters and sons of the Great Goddess have been in spiritual exile for many past lifetimes. They have shut down their gifts, hardened to their emotional sensitivity, discounted their intuitive radar and pretended to be satisfied with blending in with the sleeping masses.

Most of these people entered this lifetime with a conditioned belief system that they would lead a prosaic, cultivated existence, without resonating to the drumbeat of their souls.

When the Call of the Goddess comes, these people experience some form of deep change in their lives.

For most, this involves external conditions shifting considerably – either as a direct hit from the cosmos that feels totally unexpected or unasked for, or as a series of unfolding events that create such movement in the energy bodies that carrying on as before is just impossible.

It can be a person entering, a person leaving, a financial dissolution, a health issue, an emotional breakdown, or any other combination of intense life changes that stimulate the soul of the person ready to return home.

The Goddess works in profoundly mysterious ways.

She knows who you are, who you were and who you are destined to become.

She knows that your life must receive an electric shock in order to pull you out of the ego into the world of the Divine.

She knows that the breakdowns and deep sense of chaos and unknown pathways bring up fear for you. She also knows that it is the only way to get your attention, to make you realize that what you have settled for before is not enough, and to pull out your ancient mysteries, spiritual energy forces and divine impulses to serve.

When answering the Call of the Goddess, you will most likely go through a tumbling to the ground of everything you thought was important, or the only way that life could work.

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And all your learned patterns and conditioned beliefs may be challenged.

As this rebirth begins, circles of supportive people will be sent to you. These people will have known you before, from your times of being in devotion to the Goddess. Although you will most likely feel scared to open up to the call, you will also notice how the Divine is magically supporting you.

The Call of the Goddess is continuing in great vibrant and unrelenting force at this time.

All those who must awaken and remember are being touched, one by one.

If you are reading these words, there is something that the Goddess wants to touch you with.

It is a long-forgotten sweet breath, deeply stirring soul music, the rhythm of Her songs and the pulse of Her heart.

She gives these essences to you through your life experiences. It may be a person who brings this energy to you. It might be a book, a workshop, a desire to create more meaning in your life. It may be that your life has already begun disintegrating its old form in order to be powerfully rebuilt in Her image.

Whatever is happening – however She is showing up – it is Her work, Her hand, Her guidance that leads you deeper into creating a soul-fused life that centres upon giving it your fullest energy.

You have a destiny that is developing and unfolding daily. Pay attention to your inner urges and impulses. It is the Great Goddess talking to you. It is all your soul has ever wanted, calling you home.

Understanding and working with Goddess energy

In recent years, there has been a surge of interest in the spiritual feminine, as many women feel increasingly drawn to the Goddess, and we can see that influence everywhere, from social media to popular culture. Looking at pictures of Goddesses, reading about their historical origins, gathering information about them as transcendental deities – these practices may well enhance our journeys of self-discovery, but the Goddesses can reveal even more depth and meaning to us.

My overarching aim is to show you how Goddess Consciousness can enter your life for the purpose of active spiritual change, and deepen your understanding of how this energy can influence, support and heal you. How you can align with the wisdom and guidance of the Goddess in ways that will illuminate your life experiences, help to clear any ingrained patterns that may be blocking your inner power, and give you the confidence to reveal your creative and inspirational gifts to the world.

As I have come to know the Goddess, as a spiritual force that guides and supports me, I want to give you that opportunity, too.

Anyone drawn to spiritual growth is likely to be familiar with guides, such as angels, nature spirits, animal totems and so on. But it's possible to work with the sacred feminine realm in just the same way. Each Goddess carries unique attributes that you can connect with and is a divine teacher, who you can call upon for succour and healing on any level, guidance on your divine purpose, support with your relationships and much more.

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The Goddesses are here to provide clarity on how you can *discover yourself in their image*. This means that the energies that they hold can be applied to the multi-dimensional picture of your woman's body, psyche and growth cycles. Because we have become so entrenched in masculine-dominated ways of interpreting ourselves and our life stages, most of us need a reminder on how accurately aligned women are with the archetypes of the Goddess.

Nine Goddess archetypes

You will find this book's main chapters themed by a different Goddess archetype. Each Goddess, and therefore each chapter, *activates a different element of spiritual feminine consciousness*.

There are literally hundreds of Goddess archetypes portrayed through myth, legend and sacred text. As this book is fundamentally a guide that stems from my empirical knowledge, the Goddesses that I have chosen to share with you are some of those who have profoundly touched both my own journey and my work with women.

*The Goddesses are embodiments of
universal feminine consciousness
who have a longing – and a sacred
mandate – to connect with humanity.*

They have come forward at this time to offer up nine key areas of healing, growth, awakening, initiation and development. These are essential areas of your life, personal energy and self-awareness that are key to your Divine Feminine awakening.

The nine Goddess archetypes are:

- ❖ Kali
- ❖ Mother Mary
- ❖ Kuan Yin
- ❖ Priestesses of Avalon
- ❖ Hecate
- ❖ Aphrodite
- ❖ Lilith
- ❖ Mary Magdalene
- ❖ Isis

The Goddess temples

When I began channelling guidance from the Goddesses, I was frequently shown *structures of light and high frequency* that were the most incredible sources of feminine nourishment and illumination. I was being given visions of *Divine Feminine temples* that worked deep magic and vibration healing on those who connected with them. I began to call these sacred spaces The Healing Tents – derived from the time-honoured practice of devotional women’s circles – and now use them on my retreats.

As you turn to each new chapter, *you will be entering a sacred temple*. Here you’ll find a description of the Goddess’s qualities and what she is here to offer you. She will tell you how she is important to your real-life journey, why she may come into your life at a certain time, and what she may be requesting from you in relation to answering your spiritual feminine calling.

Inside each temple, you’ll find invocations channelled directly from the Goddess herself. These are not boxes to be checked

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off like a to-do list but a collection of teachings for an entire lifetime, so simply allow the words to activate the spiritual keys, or 'codes', inside your energy body. You'll also find guided meditations and visualizations that will invite you to open up gradually to these energies.

The Goddesses are always guiding you to where you need to go – even if you are sceptical, or believe that you have done it all before. Ultimately, the Goddess in you knows what she needs most.

And, if at any time you 'don't know', then rejoice and be still. The answers, and the knowing, will arrive when they need to. Just remember:

- ❖ **Your inner feminine guidance may look and feel different from how your mind expects.** If you have been running heavily on overly conditioned masculine programming, then the feminine communication methods of intuitive, emotive and psychically subtle sensations may feel unfamiliar at first. When your vessel is being healed from patriarchal mass conditioning, you may experience times of feeling you no longer know anything.
- ❖ **The process of your intuitive connection is alchemising in this unfilled space.** It is a wise woman who says she does not know, with the embedded trust that she holds all the Divine knowing that is ever needed in this moment. When she needs to know more, and act if necessary – she will be guided through her body, her feelings, her psychic senses and her deep knowledge.

- ❖ **A return to what is most simple is so often the direct pathway into great moments of life-altering truth.** Make sure that you revisit total simplicity, and perhaps go back to the beginning in some way very often, so that your ego is reminded who is now in charge – your spirit.
- ❖ **The heart of a conscious woman is not concerned with how far she may be along the track of ‘self-improvement’.** There is no improvement on this path because there is no judgement of ‘less than’ in the Heart of the Goddess.
- ❖ The feminine process is not based upon straight lines, fixed outcomes and solutions. **You are not a problem to be solved.** You are a manifestation of a primordial creative force that cannot be compartmentalized, rationalized or contained. Your journey to merging with the Goddess-force *that is you* will be circular, spiral and frequently open-ended.
- ❖ **You are not meant to present only a slick image of ‘having it all together’ in order to tell the world of your success.** Your accomplishments – the real ones – are those that are forged within the fires of your sacred inner world. These attainments of feminine self-healing, self-excitation and self-becoming are the most priceless jewels that you could ever own. It is from the rediscovery of these jewels that you’ll create a life of spiritual meaning, vital contribution to humanity, sustenance and legacy.
- ❖ **Your sacred feminine healing, awakening and transformation in this lifetime carries monumental significance.** You have incarnated to bring the Goddess back to this parched earth.

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- ❖ **The Goddesses surround you now with an outpouring of love and gratitude for your courage to be here.** They know that it is not always easy to stay and do the work. They also know that you are the only one who can respond to their Call, and that you are fully equipped for the tasks that have been assigned to you.
- ❖ **Breathe deeply into your chest, and into your belly.** Feel the life-force energy flowing through your veins. You are alive. Invite the truth that wherever you find yourself right now is absolutely perfect.
- ❖ **The world awaits the delivery of your unique gifts with trembling anticipation.** *The 'world' is the very next person who is brought to you.* Resist temptation to judge how the Goddess brings your assignments. They will not often look like your critical or grandiose ego would like. Open your heart and notice how you are being asked to show up for your mission. It is really achingly simple: it is the very next function you are given to be surrendered and present for. Open fully to *this moment* and the opportunity you have right now to share your deepest, feminine love energy.

There is always someone, something or someplace that can benefit from your immense Goddess gifts. Give and you shall receive. Give your soul energy freely and without fear of harmful consequences. It is safe for you to give: through pure giving you connect to pure receiving.

You are a Goddess. Your destiny is to recover that truth, and live it without apology, in whichever ways most deeply resonate. The entire Goddess pantheon is here with you, holding your ancient

*contracts in their hands, and poised to lead
you one step at a time into fulfilling them.*

Your feminine soul knows exactly what to do. Honour her, and the rest will take care of itself.

How to use this book

As you'll discover, a key aspect of this wisdom is feeling-based or 'heart-centred' knowing, as opposed to thinking-based or 'head-centred' knowing. Therefore, let your heart lead you to where it most needs to go – and stay awhile – within these pages. To begin with you might like to read the book straight through once, before working with the chapters as you feel guided.

You'll probably need to go slowly when you approach the texts again after your first reading, because the energy and information contained within each chapter is potent and has the potential to be far-reaching. Very often, less is more. When you really start working with the transmissions from each Goddess in depth, you could easily be working with just one archetype for several years at a time.

This doesn't necessarily mean that you'll work with just one or two chapters to the exclusion of all the others. What I'm saying is, we must respect the sheer depth and range of transformational abilities these Goddesses possess – and can deliver to us. We must also understand that we will be required to work on our inner selves when we work with the Goddess. This can take years of focus, practice and dedication.

There is absolutely *nothing wrong* – and often, everything right – with taking your time to go slow, go deep and be very

thorough with each step on your path. In truth, even when your mind or ego feels it has had enough, and may want to avoid staying with a particular teaching or lesson from one Goddess, you may find that avoidance is not permissible!

The Goddess is an oracle

Part of the conscious feminine gift is that of *divining*: having supernatural insight into present and unfolding issues or events. You can *consider the pages of this book as an oracle*: whenever you want a direct divine message, simply let the pages fall open where they will. Offer a prayer for Goddess guidance on what you most need to know right now, and see which page you are guided to. You may just need to read one or two lines in that moment, or for that day, week, month or year.

Many of the phrases and statements in this book are designed to be deeply contemplated and absorbed, and may in themselves instigate an entire new phase of healing, growth, and transformation.

Note: Using affirmations

You'll find affirmations scattered throughout the texts, tailored specifically to the vibration and themes of each Goddess. These healing **affirmations work at the level of your unconscious** and help to shift your energy from powerlessness to empowerment, fragmented to whole, blocked to unlimited.

If you resonate with any particular affirmations, you can augment their power by repeating them with loving intention. Writing them out, speaking them out, singing them out or just saying them internally are all ways to use affirmations for

positive change. Make the process appealing to your feminine spirit, and incorporate beauty, creativity and sensuousness to your affirmation practice: paint them with colours that feel good to you, decorate them and place them next to your mirror, sing them to music, say them aloud together in circles of women. Or chant them quietly to yourself whenever you remember during the day, taking them deep into your heart.

A prayer for you

As you work with the *energy of this book* as a whole, it will become a responsive, living and dynamic tool for you. I invite you to experience working with the Goddesses as an unfolding ocean prayer: for it to come in to meet you like the sea flowing towards the shore, and recede back again when your shore needs space for integrating its messages.

My prayer is that you may keep this book nearby, as a divine companion, for many cycles of your life, and many days during which you barely have a second to stop and breathe. I hope that this book can uplift and nourish you when you most need it: either when you have a whole day or week to do nothing but immerse yourself in its pages, or – very likely – when you only have a few brief moments in between intense demands on your time and energy.

In other words, you can go as deep into the tidal surges as you wish, and ride the waves on the surface as and when you need to. There may be times when the Goddess takes you far away into the watery underworld, but I promise that you will make it back to land.

With this book in your hands, you must know that one of the most heartfelt wishes of my life has been fulfilled. As I will

You Are a Goddess

share in my own story that weaves throughout the chapters, a great portion of my life and soul has gone into creating this: a culmination of my experience, journeying, healing, practicing – and daily writing.

Whatever role this book takes in your life, I am honoured and thankful that you have been led to it. You are to be returned to the temples of love, the temples of light and the temples of rich darkness.

In your own perfect way, you are returning to the Goddess.

You are the Goddess.

Your palm now turns upwards as you feel her come to take your hand, into her long-lost mystery, into the sacred chambers of your own heart.

For your journey, my prayers are with you.

May the light of the Goddess be yours.

Always.

